

LYNN COUNCIL ON AGING SENIOR CENTER



**May
2018**

**Lynn Council on
Aging**

**8 Silsbee Street
Lynn, MA 01901**

781-599-0110

From the Director's Desk

May May May! May I take your order? Tell us what you'd like to see or do at the senior center and we will do our best to make it happen! We are already rolling out new programs and activities here that people have requested. In May we will debut a new Game Time activity, a new activity where we will watch one episode of a Netflix show every week, and a fishing trip at Salem Willows!

May I have your autograph? We will crown a new Senior Prom King and Queen this month so be sure to buy your tickets and get ready to party! Maybe you can even get an autograph from the new Prom royalty.

Mother May I? We are celebrating Mother's Day in style this year: a special lunch with a performance from Denise Doucette, and a waffle breakfast the next morning. Tell your friends because everyone is welcome to load up their waffles with fruit and whipped cream.

Speaking of May showers, students from North Shore Community College will be presenting on hygiene and how it can lead to happiness and a better quality of life.

We have many new programs and exciting trips as the weather gets warmer. Please come by and join us!

~Stacey Minchello

From Your Mayor

Spring was off to a chilly start but things have started to warm up. Summer is around the corner and I hope you are all beginning to enjoy the beautiful weather. This month on Memorial Day we gather together to honor those brave men and women who have given their lives for our country. We should take time to reflect on the continued sacrifice of military service members, first responders and their families.

Shows coming to the auditorium in May include Capturing Pablo, Eric Burdon & The Animals and The Yardbirds, Tavares & Russell Thompson Jr. & The New Stylistics, and Zuleyka Barrios. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.


On April 10th, in honor of the Khmer New Year's Celebration we had the Cambodian flag raising ceremony at City Hall. On April 12th I was honored to accept the Community Impact Award from Social Capital, Inc. on behalf of the City of Lynn. I continue to work hard to ensure that Lynn is a place where we can all live, work and play.

Wishing all mothers and grandmothers a Happy Mother's Day! Hope you enjoy your day surrounded by family and friends.

~Mayor Thomas M. McGee

CUFFE-McGINN FUNERAL HOME

 157 Maple Street • Lynn, MA 01904
 Tel: **781-599-3901**
 Fax: 781-598-2143
www.cuffemcginn.com

Elder Service Plan of the North Shore, Inc.

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 • Adult Day Centers • In-home Support and Care
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Lynn Council on Aging Senior Center

Publication
funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Erica Brown
Program Coordinator ext. 618

Rosa Paulino-Diaz
Activities Assistant ext. 625

Hours of
Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers President
Minette Lall Vice President
Lester McClain Clerk
Pam Edwards
Frank LaMacchia
Charles Mitchell
Marlene Vasi Eddy

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble President
Ann Breen Vice President
Katherine Brown Treasurer
George Harvey Recording Secretary
Anna Szpak Membership Secretary

Meets last
Thursday of the
month @ 9:45

Meeting Dates: May 31 Jun 28 Jul 26 Aug 30
Considering joining the FRIENDS? Come visit us and see what we're all about
 Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

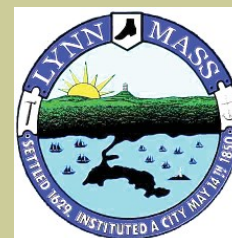
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis

In honor of Samuel Vonleh
~ Lamia Holden

In loving memory of my brother, Arthur Warren
~ Sadly missed, Ethel Forse

DEDUCTIBLE DONATION

GE matches all donations made

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make

check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
☐
☐

Person's Name: _____

Send card to: _____

Donated by: _____

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AD
HERE
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TODAY**

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Now Accepting Applications
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HARBOR 90FT
ADAPTIVANTS

CASINO TRIPS

Foxwoods Casino \$29
(40 people must sign up before May 4!)
Prepaid reservation required.

May 15
6:30am-6:30pm

Mohegan Sun \$29
(40 people must sign up before June 8th!)

June 19
6:30am-6:30pm



Coach busses are equipped with handicap accessibility and WI-FI!

****Refunds will only be issued if you notify us 24 hours in advance, or we sell your seat.****

Please note that early departure times are an attempt to beat Boston traffic.

NEW MEDICARE CARDS

Between April 2018 and April 2019 Medicare is removing Social Security numbers from Medicare cards and mailing each person a new card. This is to keep your personal information more secure. Your new card will have a new Medicare Number that is unique to you and will only be used for Medicare. Your coverage will not change.



To get ready:

Make sure your mailing address is up to date.

Call 1-800-772-1213 if you need to correct it.

Beware of anyone contacting you about your new Medicare card. Medicare will NEVER ask you to give personal information to get a new card.

Be aware that everyone's card will not arrive at once. It will take a year for Medicare to send out everyone's cards.

THE CROWN

The Crown is a historical drama television series, created for Netflix. The show is a biographical story about the reign of Queen Elizabeth II of the United Kingdom. Please join us as we watch one episode a week beginning May 1st at 1:00.

Popcorn will be served in the Activities Room. Come enjoy the dramatic telling of Queen Elizabeth II's story as we travel through history together!



DTA PARTNERSHIP

The Department has partnerships with educational and cultural institutions across the Commonwealth that clients can take advantage of by showing their EBT card for reduced or free admission.

Visit one of these educational and cultural institutions:

Children's Museum of Boston	Boston	\$2 per person (up to 4 people)
Isabella Stewart Gardner Museum	Boston	\$2 per person (up to 4 people)
Institute of Contemporary Art	Boston	Free for one person
Museum of Science	Boston	Free up to 4 people
Museum of Fine Arts	Boston	\$3 per person (up to 4 people)
EcoTarium	Worcester	\$2 per person (up to 4 people)
Beverly Historical Society	Beverly	\$2 per person (up to 4 people)
Peabody Essex Museum	Salem	Free up to 2 adults— children free
Children's Museum of Easton	North Easton	\$2 per person (up to 4 people)
The Discovery Museums	Acton	\$1 per person (up to 6 people)
Cape Cod Children's Museum	Mashpee	\$2 per person (up to 4 people)
Children's Museum of Holyoke	Holyoke	\$2 per person (up to 4 people)
New England Aquarium	Boston	\$2 per person (up to 4 people)

EXERCISE!

Get Stronger! Fun class!
Check out our Friday exercise class!
Try your first class free!
No obligation.

Certified ISSA Senior Fitness Specialist
Relaxing, go at your pace,
seated exercise
Proven results!

Pay as you go, \$5 per class

Just show up on Fridays at 11:30 am- 12:15pm

Not a member? Stop in for a free card and parking pass.

Any questions, call Erica at 781-586-8618

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda

Wide Screen Plasma Home Theatre System

May 2	Good Will Hunting	1997	R	2h 6 min
May 9	Ghostbusters	1984	PG	107 min
May 16	Three Billboards Outside Ebbing Missouri	2017	R	115 min
May 23	Foul Play	1978	PG	116 min
May 30	I, Tonya	2017	R	86 min



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



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**YOUR
AD
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CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

HARBOR 90FT
ADAPTIVE

MAY HAPPENINGS

- | | | |
|-------------------|--|-----------------------|
| Tue May 1 | Premier of "The Crown" | 1:00pm |
| Tue May 1 | Birthday Karaoke | 11:30am—1:00pm |
| Thu May 3 | Health, Hygiene, and Happiness
Presented by: North Shore Community College Occupational
Therapy Students | 11:45am |
| Mon May 7 | First weekly Game Time!
(see page 7) | 10:00am |
| Mon May 7 | Bingo Bonanza!
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm | \$11 games
1:00pm |
| Thu May 10 | Mother's Day Meal with a live performance by
Denise Doucette
Sponsored by: FRIENDS of the LCOA | 10:30am—12:30pm |
| Thu May 10 | <u>Ice Cream Social</u>
Sponsored by: FRIENDS of the LCOA | \$0.50
1:00pm |
| Fri May 11 | Mother's Day Waffle Breakfast | \$3-\$5 8:00am—9:00am |
| Tue May 15 | Foxwood's Casino
Prepaid reservation required-see page 4 | \$29 6:30am—6:30pm |
| Thu May 17 | <u>Fishing Trip</u>
Salem Willows—transportation, bait, & lunch included | \$2 9:30am—2:30pm |
| Fri May 18 | Brown Bag
Sponsored by Greater Boston Food Bank | 9:00am—12:00pm |
| Mon May 21 | Bingo Bonanza!
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm | \$11 games
1:00pm |
| Thu May 24 | Senior Prom | \$5 4:00pm—7:00pm |
| Mon May 28 | Memorial Day—SENIOR CENTER CLOSED | |
| Tue May 29 | <u>Field Trip:</u> Cherry Farm Creamery
Danvers | \$2 12:00pm—2:00pm |
| Thu May 31 | <u>Field Trip:</u> Castle Island | \$2 10:30am—2:00pm |
| Thu May 31 | Meet & Greet! Lynn's Baseball team North Shore Navigators
Photos opps, meet the players and cheer them on! | 11:30 am |

MOTHER'S DAY WAFFLE BREAKFAST

The FRIENDS of the Lynn Council on Aging will be hosting a fundraising waffle breakfast in honor of Mother's Day. The breakfast will be held from **8:00am—9:00am** at the Lynn Senior Center., on Friday May 11. Meals will include waffle, milk, juice, fruit topping, and whipped cream.

Tickets will be sold the day of, first come first serve.

\$3 for registered senior center members

Not a member? Sign up that day!

\$5 for staff and outside participants.

All are welcome!



SAVE THE DATE!

Mayor Thomas M. McGee Senior Prom

Thursday, May 24th 4pm – 7pm \$5

At the Lynn Senior Center

Live entertainment by the **Memory Laners** and dinner is provided by

The Residence at Vinnin Square

Tickets on sale, first come first serve on

Fri, April 27th.

Must be a registered senior center participant.

Formal dress attire not required. Dress comfortably.



GAME ON!

Beginning Monday May 7th at 10:00am and continuing every week, the senior center will be open to all for Game Time! Scrabble, Whist, Left Right Center, Trivial Pursuit, and anything else you would like to play!

We will rotate games and everyone is welcome.

**YOUR
AD
HERE**

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TODAY**

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Respite Care for Families
Rewarding Companionship

Wellness Watch May 2018

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. Older adults are working and volunteering as they continue to be learners and leaders in the community.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Every May offers opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," underlines the importance of being active and involved, no matter how old you are. You are never too old (or too young) to participate in activities that can enhance your physical, mental, and emotion well-being. There are many parts of wellness to practice that improve your overall health and well-being.

Emotional wellness is coping well with life and creating satisfying relationships

Financial wellness is having satisfaction with current and future financial situations.

Intellectual wellness is recognizing creative abilities and finding ways to expand knowledge and skills.

Vocational wellness is personal satisfaction and enrichment from one's work.

Social wellness is developing a sense of connection, belonging, and strong support system.

Physical wellness is recognizing the need to for physical activity, nutrition and sleep.

Environmental wellness is living in a pleasant, stimulating environment to support your well-being.

Spiritual wellness is expanding our sense of purpose and meaning in life.

It is important to care for each of these aspects of wellness in our every day lives. Participating in educational opportunities and giving back to the community through volunteering are ways to Engage at Every Age.

Opportunities to get involved:

Wellness Pathways at Greater Lynn Senior Services provides opportunities to join workshops, and learn how to manage your health or how to prevent falls. Become a Volunteer for Wellness Pathway and help promote workshop opportunities, help out at events, and lead workshops.

For more information about getting involved with Wellness Pathways contact:

Kelsey Magnuson --781-586-8530

NORTHSHORE HEARING FOUNDATION

Everyone deserves to participate fully in life. Hearing is what keeps us connected to the people and activities that we love. Hearing aids are a medical necessity but are often not covered by insurance. Untreated hearing loss can lead to social isolation, depression and poor health. Hearing aids are known to improve quality

of life and may reduce the risk of dementia by keeping people engaged and stimulating the brain.

The North Shore Hearing Foundation provides hearing aids to people of low income who do not have the resources to purchase hearing aids. Residents of Lynn, Lynnfield, Nahant, Marblehead, Peabody, Salem, Swampscott and Saugus can apply through the Social Services at their local Council on Aging to determine financial eligibility. Professional services are donated by the staff of Atlantic Hearing Care at their offices in Swampscott and Peabody. For more information please see the Social Services staff at your COA or call 781-581-1500. Visit us on the web at www.nshearingfoundation.com.



North Shore
Hearing Foundation

SENIOR CENTER ACTIVITIES • May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
9:30-11:00 KNITTING & CONVERSATION	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 GAME TIME!	10:00-11:00 UKULELE LESSONS	9:30-10:30 BEGINNER'S TAP	8:00-11:00 KIOSK (IN2L)	11:00-12:00 LUNCH
11:00-12:00 LUNCH	10:00-11:30 OIL PAINTING	11:00-12:00 LUNCH	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)	11:00-12:00 LUNCH	1:00-2:45 BINGO
12:00-1:00 SPORTS CLUB	11:00-12:00 LUNCH	1:00 – 3:00 MOVIE	10:30-12:00 ACRYLIC PAINTING	
1:00-2:45 BINGO	1:00-2:00 THE CROWN	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
	12:00-2:45 POKENO		1:00 –2:00 FREE ZUMBA CLASS	
	1:30 BILLARDS CLUB		2:00-3:00 HORSE RACE GAME	

OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

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- Close to stores, banks, senior center
- Spacious 1-bed apartments
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- Modern laundry/community room
- Accepting applications



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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or
Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

SKILLED NURSING CARE * SUBACUTE CARE * PHYSICAL THERAPY
OCCUPATIONAL THERAPY * SPEECH THERAPY * RESPITE CARE

MAY IN THE SENIOR CENTER

Q	G	A	B	N	W	O	R	B	F	B
G	S	A	E	Y	M	P	A	C	D	Z
E	J	L	M	D	X	H	R	I	V	S
N	T	T	H	E	C	R	O	W	N	E
H	P	L	E	B	T	O	S	A	M	L
U	G	E	R	R	Y	I	A	L	T	F
O	C	G	A	W	M	L	M	R	P	F
M	D	I	H	T	K	C	D	E	I	A
A	O	G	N	S	T	A	C	E	Y	W
S	G	R	I	R	E	S	P	K	O	F
E	N	E	P	E	H	T	B	M	I	O
L	I	T	F	R	T	L	R	S	G	X
E	B	S	G	I	O	E	H	U	C	W
L	R	E	T	C	M	I	E	W	A	O
U	O	H	Q	A	N	S	N	H	S	O
K	F	C	P	G	C	L	J	E	T	D
U	H	D	T	M	I	A	F	I	S	S
I	L	R	C	A	D	N	I	L	U	W
K	I	K	U	V	S	D	H	B	O	P
P	A	J	M	A	E	R	C	E	C	I

These words are all related to people you will see or things you can do at the senior center in May!

STACEY ERICA ROSA GERRY LINDA CHESTER TOM
 SENIOR PROM BINGO UKULELES FISHING TRIP
 ICE CREAM WAFFLES FOXWOODS GAME TIME
 THE CROWN BROWN BAG CASTLE ISLAND

May 2018

Requested Donation is \$2.00 per meal

Greater Lynn Senior Services COMMUNITY CAFE MENU – MAY 2018

GLSS NUTRITION
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM (more than 500mg. per serving). MEALS MARKED WITH ** ARE HIGH SODIUM (more than 1200mg. per meal).</p> <p>7 Chicken cacciatore/pasta(172) Salad/dressing(62) Calories-816 Sodium-508 ALTERNATIVE Baked pork(106) White rice(5) Salad(62) Calories-812 Sodium-500</p> <p>14 Pork ragout/pasta(164) Brussel sprouts (12) Calories-776 Sodium-500 ALTERNATIVE Cheese ravioli/sauce(575)* Calories-600 Sodium-870</p> <p>21 Beef Shepherd's pie(201) Butternut squash(20) Calories-744 Sodium-672 ALTERNATIVE Pork/BBQ sauce(275) Butternut squash(20) Calories-787 Sodium-800</p> <p>28 HOLIDAY NO MEAL SERVICE</p>	<p>1 Cranberry orange chicken(411) Rice pilaf (93) Calories-665 Sodium-816 ALTERNATIVE Veggie burger/roll/sauce(670)* Calories-676 Sodium-1042</p>	<p>2 Pork hot dog/roll(886)* Baked beans(206) Calories-746 Sodium-1271** ALTERNATIVE Egg/cheese croissant(410) Calories-600 Sodium-741</p>	<p>3 Pot roast/gravy(168) Mashed potato (109) Calories-652 Sodium-786 ALTERNATIVE Cheese ravioli/sauce (575)* Calories-600 Sodium-1084</p>	<p>4 Fish/tartar sauce(385) Soup/crackers(215) Calories-980 Sodium-1104 ALTERNATIVE Beef/chimichurri(330) Calories-770 Sodium-804</p>
<p>8 Roast beef/onion gravy(110) Cheddar whipped potato (136) Calories-793 Sodium-625 ALTERNATIVE Bean/cheese burrito(250) Peppers and onions(43) Calories-610 Sodium-600</p>	<p>15 Lemon thyme chicken(116) Salad/dressing(262) Calories-600 Sodium-774 ALTERNATIVE Egg/cheese croissant(410) Calories-710 Sodium-827</p>	<p>9 BBQ Pork rib-b-cue(680)* Sweet potato wedges(187) Calories-918 Sodium-1184 ALTERNATIVE Veggie burger/roll(670)* Sweet potato wedges(187) Calories-715 Sodium-1010</p>	<p>10 Mother's Day Special Broccoli cheese stuffed chicken Au gratin potatoes Baby carrots/fresh dill Multigrain bread Strawberry shortcake Calories-800 Sodium-930</p>	<p>11 Spinach/cheese bake(428) Red bliss potatoes(5) Calories-716 Sodium-785 ALTERNATIVE Chicken stew(190) Rice(5) Calories-800 Sodium-720</p>
<p>16 Sweet/sour meatballs(415) Fried rice(116) Calories-716 Sodium-838 ALTERNATIVE Oven fried chicken (250) Calories-676 Sodium-758</p>	<p>22 Chicken marsala(379) Rice(5) Carrots(43) Calories-633 Sodium-731 ALTERNATIVE Garlic fish(150) Carrots(43) Rice(5) Calories-610 Sodium-512</p>	<p>23 Cold roast beef/salad(306) Tomato white bean salad(71) Calories-921 Sodium-700 ALTERNATIVE Eggplant parmesan(512)* Pasta(20) Calories-700 Sodium-864</p>	<p>17 Beef stew(117) Mashed potato(109) Calories-840 Sodium-862 ALTERNATIVE Veggie Shepherd's pie(200) Calories-600 Sodium-850</p>	<p>18 Stuffed shells(505)* Salad/dressing(62) Calories-704 Sodium-909 ALTERNATIVE Chicken/yellow rice(255) Calories-662 Sodium-617</p>
<p>29 Chicken meatballs/pasta(325) Spinach(40) Calories-662 Sodium-555 ALTERNATIVE Veg. enchilada(300) Calories-650 Sodium-720</p>	<p>30 BBQ chicken(328) Roasted sweet potato(43) Calories-600 Sodium-684 ALTERNATIVE Fish/tomato & onions(150) Calories-600 Sodium-550</p>	<p>24 Chicken pot pie(570)* Steamed red potatoes(5) Calories-698 Sodium-949 ALTERNATIVE Carne guisada-(beef)-(422) Steamed red potatoes(5) Calories-622 Sodium-852</p>	<p>31 Meatloaf/gravy(214) Mashed potatoes(109) Calories-757 Sodium-891 ALTERNATIVE Macaroni/cheese(520)* Calories-873 Sodium-1192</p>	<p>25 Fish/tartar sauce(385) Macaroni and cheese(260) Calories-680 Sodium-950 ALTERNATIVE Cheese pizza(340) Green beans(2) Calories-600 Sodium-685</p>

NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL, INCLUDING MILK,BREAD,MARGARINE AND DESSERT.

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

KIOSK FOR LIVING WELL

TUESDAYS 9:00-11:00
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



Thur May 3rd and Thur May 24th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Every Wednesday

8:00 am - 9:00 am



LYNN COUNCIL ON AGING SENIOR CENTER

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